

JANUARY 2007

# SOUTH DAKOTA



United States Department of Agriculture  
Food and Nutrition Service



**TEAM  
NUTRITION**

## Rethink Your Drink

Recent research says that 22 percent of the average American's daily calories come from beverages. Soft drinks add 36 percent of all added sugars, but of those people who consume fruit juices only 2 percent of their daily calories are from juice. One way to control calories is to pay attention to portion sizes and think about what you drink. Examples:

INSTEAD OF	CALORIES	TRY	CALORIES
Med. Café latte (16 oz with whole milk)	265	Small café latte (12 oz with skim milk)	125
Non-diet soda (20 oz.)	227	Water or diet soda	0
Sweetened lemon iced tea (16 oz)	180	Sparkling water with lemon flavor	0

Other choices of typical beverages:

Fruit punch	12 oz	192 cal.	20 oz.	320 cal.
100 % orange juice	12 oz.	168 cal.	20 oz.	280 cal.
Sports drink	12 oz.	99 cal.	20 oz.	165 cal.
Chocolate milk (1%)	8 oz.	158	Unflavored 1% milk	105 cal.
Whole milk	8 oz.	150	Fat free milk	90

Read nutrition facts labels carefully. Many beverage containers give calories for only a part of the contents of the bottle, for example, a 20 ounce bottle contains 2.5 servings. Ingredient labels are also revealing. Sweeteners added to beverages may go by different names. They may be listed as high-fructose corn syrup, fructose, fruit juice concentrates, honey, sugar, syrup, sucrose, or dextrose.

High calories can lurk in unexpected places: coffee drinks and smoothies. Some ways to avoid the extra calories include use fat-free or low-fat milk, order the smallest size, forgo the extra flavoring, skip the whip, pick the smoothie with the fewest calories, hold the sugar since the fruit is sweet.

To make smarter beverage choices consider:

- \*Water/low-calorie beverages instead of sugar-sweetened beverages
- \*Don't stock the fridge with sugar-sweetened beverages
- \*Serve water with meals. Make it more exciting by adding lemon, lime, cucumber. Add a splash of 100% juice to sparkling water.
- \*Choose the smaller sizes of sugar-sweetened beverages
- \*Be a role model.

(Source: Centers for Disease Control & Prevention, [http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition\\_for\\_everyone/healthy\\_weight/drinks.htm](http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/drinks.htm))



Pay attention to portion sizes and think about what you drink.

### Special points of interest:

- *Research-based nutrition information on beverages*
- *Mini-grant reports*
- *Training for food service staff*
- *March National Nutrition Month®*
- *Fun with Foodella workbook for 2nd grade released*
- *Power Panther tour pictures*

### Inside this issue:

HealthierUS Schools Challenge	2
Being a Role Model	2
Mini-grants Awarded	2
DDN Training Sessions	3
"100% Fad Free" Promo	3
Needs Survey	4
Fun with Foodella	5
Power Panther Tour	5

## HealthierUS Schools Challenge Help with Step 5



Step 5 in the elementary school application for the HealthierUS Schools Challenge sponsored by the U. S. Department of Agriculture <http://www.fns.usda.gov/tn/HealthierUS/index.html> says:

**"The opportunity for physical activity is provided to students in every grade of your school, except kindergarten, and meets or exceeds the following criterion."**

Criteria include: Physical education classes or the equivalent must be provided on a regular basis each school week during the entire school year. Equivalents might include walking clubs, bike clubs, intramural sports, walk-to-school programs, approval of community physical activity programs for academic credit, etc.

The objective is to ensure that children are routinely encouraged to be physically active in your school. The physical activity worksheet below may help with data gathering. Forms are at <http://www.fns.usda.gov/tn/HealthierUS/e-HUSSCApplication.xls>

GRADES	PE CLASS OFFERED YES OR NO?	HOW OFTEN? HOW LONG?	ALTERNATE PHYSICAL ACTIVITY. HOW LONG?
--------	--------------------------------	-------------------------	---



## Mini-grant Promotes Learning & Physical Activity

The Team Nutrition mini-grant for Sanborn Central School at Forestburg has resulted in five informational sessions paired with physical activity afterwards. Speakers came from an area hospital, Extension office, and the local school. Child care was provided at each session. Sessions were 1 1/2 hours long and were scheduled on Sunday evenings. See topics.

## Are You a Good Role Model?

Did you eat your fruits and vegetables today? Did you go for a bike ride, walk or go to the gym? Do you think your student customers noticed?

Children learn their eating and physical activity habits from role models: their parents, older siblings or other caregivers. Role modeling may be the most powerful, effective way for you to help a child eat smart and be physically active.

Think about the message you are sending to children. The best way to help a child live a healthy lifestyle is for you to do so!

Source: American Dietetic Association

**Parents were invited to accompany their 8th grade student during the CPR training. Each student passed the test and became certified.**

Body Mass Index for parents of elementary students. Receive height and weight data about their children and explanations.	Physical activity: Play basketball and receive training on equipment and how to do circuit training.
Healthy cooking tips to reduce fat and calories.	Step aerobics and basketball.
Diet for student athletes.	Basketball, weight room, and aerobics.
Lighten Up—fun and relaxing stress management	Basketball, weight room, and walking
CPR training for 8th graders with parents observing	CRR testing and door prizes.

## 2007 Mini-grants Approved



Page 2

Team Nutrition mini-grant awards for 2007 will be announced soon. Procedure in the Department of Education has changed and processing is taking longer than expected. The announcement will be made as soon as possible. Local Team activities as well as mini-grants are designed to support work on the six components of a healthy school nutrition environment:

1. A commitment to nutrition and physical activity
2. quality school meals
3. other healthy food options
4. pleasant eating experiences
5. nutrition education
6. marketing and promotion.



## Training for Food Service Staff Offered

Two opportunities for professional development are planned for food service directors, staff, and administrators of child and adult nutrition programs. A series of DDN sessions is being offered at 20 sites around the state. Offered monthly, beginning on January 28 the sessions will be from 2:15-4:15 MST and 3:15-5:15 CST. Topics will include:

- \***Food Safety/HAACP—We've been to training...Now what?**
- \***Completing Production Records for Documenting Reimbursable Meals**
- \***Wellness Policies—Why are we doing them and where do we go from here?**
- \***Dealing with Change and the New Dietary Guidelines—what will the USDA require of us now?**

Sites selected so far are Aberdeen Simmons MS, DeSmet HS, Deuel MS, Edgemont HS, Elkton, Ethan MS, Eureka MS, Huron MS, Kimball, Menno HS, Mobridge HS, Newell HS, Pierre Capital A, Pine Ridge Wolf Creek Elementary, Sioux Falls USDSU Rm. 185, Sturgis Williams MS, Summit HS, Timber Lake, Wagner HS, Winner MS. Information is under Team Nutrition Training at <http://www.doe.sd.gov/oess/cans>.

### Food Certification Institute

June 24-29  
Augustana  
University

Register in  
February at

[http://  
doe.sd.gov/  
oess/cans/](http://doe.sd.gov/oess/cans/)



**Food service staff and  
Administrators**

Sponsor: Child & Adult  
Nutrition Services

## ADA National Nutrition Month®: 100% FAD FREE

The American Dietetic Association is promoting the March 2007 event with proclamations, key messages, and event ideas at [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition\\_4920\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_4920_ENU_HTML.htm)

Among the key messages are:

- 1. Develop an eating plan for lifelong health.** Too often people adopt the latest food fad rather than focusing on overall health. Get back to basics and use the Dietary Guidelines 2005 and *MyPyramid* as your guide to healthy eating.
- 2. Choose foods sensibly by looking at the big picture.** A single food or meal doesn't make or break a healthful diet. When consumed in moderation in the appropriate portion size, all foods can fit into a healthful diet.
- 3. Learn how to spot a food fad.** Unreasonable or exaggerated claims that eating (or not

eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.

**4. Find your balance between food and physical activity.** Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

**5. Food and nutrition misinformation can have harmful effects** on your health and well-being, as well as your wallet. Registered dietitians are uniquely qualified to communicate current and emerging science-based nutrition information and are an instrumental part of developing a diet plan that is unique to your particular needs.

Event Ideas on the ADA website:

\***Sizing It Up Display** Set up a display with food models and household items to represent food portion sizes. Let participants try to match up foods with the appropriate serving size item.

\***Guess the Protein** Have a jar filled with dried beans and ask "How many grams of protein?" or "How many ounces of meat does it equal?"

\***Create a "nutrition quiz corner"** at school or in the workplace with a nutrition question every day for the entire month of March. Contestants complete an answer form and place it in a box,

\***Conduct a "Fear Factor"-type event.** Provide unusual vegetables and fruits cut into bite-size pieces.



## Quick Resource Links

**Fruits & Veggies—More Matters™** is the new brand logo developed by the Produce for Better Health Foundation and Centers for Disease Control & Prevention. This replaces the 5 a Day program. The new message will be that no matter how many fruits and vegetables they eat, everyone benefits from eating more. More also refers to forms such as fresh, frozen, canned, dried and 100% juice. The campaign will launch in March with the goals of bringing the actual consumption into line with recommended fruit and vegetable consumption. Learn more at <http://www.pbhfoundation.org/pulse/>

**Champions for Healthy Kids Grants** through the ADA Foundation. Grants are available to schools, community groups and non-profits with innovative programs aimed at improving the nutrition and physical activity habits of young people. Applications, due February 1, are online at <http://www.generalmills.com/corporate/commitment/champions.aspx>

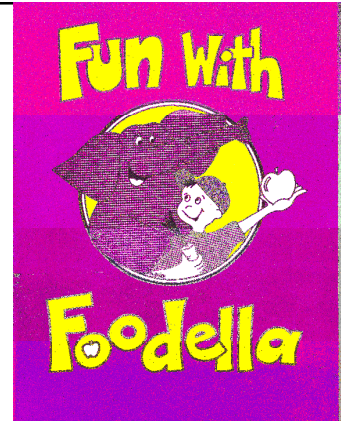
### Blue Zones Challenge

In a project that is a collaboration between the National Institute on Aging and National Geographic, students study the world's longest lived populations for information and lifestyle characteristics that can help people live longer, better lives. Students explore four parts of the world (Blue Zones) in a Quest where they direct scientists to search for clues to living well. They vote daily on where to send the scientists. The four week project empowers students to take charge of their own health and create their personal Blue Zones. <http://www.bluezones.com/live-longer-better/>

**Destination Wellness** is a nutrition curriculum developed by the Maryland State Department of Education (MSDE). Using a car theme, young teens learn that "They are in the driver's seat. They can choose to run on empty or fuel up with foods that give them energy. They can sit in the parking lot or get in gear and make physical activity a priority."

Students learn how to distinguish between science and hype when they research nutrition on the Internet. They define healthy body image, assess their current eating and physical activity habits, and make plans for change. Lessons can be downloaded at [http://www.marylandpublicschools.org/MSDE/programs/schoolnutrition/Destination\\_Wellness.htm](http://www.marylandpublicschools.org/MSDE/programs/schoolnutrition/Destination_Wellness.htm) (Copy and paste this URL.)

**DESTINATION  
WELLNESS**



## Fun with Foodella Workbook Ready

The South Dakota Team Nutrition project funded through USDA is busy creating resources for SD schools. Among these is a revision of an old SD favorite which will be available on the Team Nutrition website soon at <http://doe.sd.gov/oess/cans/nutrition/index.asp>.

**Fun with Foodella**, a 64 page activity booklet for 2nd graders, and an accompanying teacher's guide will be available on the web in January. The workbook features a boy and a friendly elephant who teach about healthy eating and physical activity through the MyPyramid food guide. Don't worry; Foodella is a very trim elephant who loves nutritious food and a variety of fun activities.

Printed sets in classroom quantities for second grade classes will be available to order from the office of Child & Adult Nutrition Services by calling (605) 773-3413.

## FOOD Reflections

If you need information for newsletters, announcements, or bulletin boards, this monthly email newsletter from the University of Nebraska covers a variety of topics. Each issue provides a "how-to" message on food, nutrition, or food safety for health professionals, educators, and consumers. Check out the November download of a football game in PowerPoint that introduces MyPyramid. Past newsletters are archived on the Internet. <http://lancaster.unl.edu/food/food-reflections.shtml>



Created by Alice Henneman, MS, RD, [University of Nebraska-Lincoln Extension](http://www.unl.edu)  
Beverly Benes, PhD, RD, [Nebraska Department of Education](http://www.unl.edu)





**United States  
Department of  
Agriculture**



**south dakota  
DEPARTMENT OF EDUCATION**  
Learning. Leadership. Service.

**Child & Adult Nutrition  
Services**



**South Dakota State  
University  
Cooperative  
Extension Service**

Karlys Wells, Editor

Extension Assistant NN/TN  
Cooperative Extension Service  
South Dakota State University  
605-688-4039  
karlys.wells@ces.sdstate.edu

Kris Sands, RD, LN

Consultant for South Dakota  
Department of Education  
krissands@alliancecom.net

Amy Richards, MS, RD, LN

Child & Adult Nutrition Services  
SD Department of Education  
605-773-4718  
amy.richards@state.sd.us

## **Team Nutrition Power Panther™ Tours South Dakota**



During the month of November South Dakota students may have received a visit from the colorful USDA spokesperson, the Power Panther™. The big blue visitor was seen at 27 locations all across the state promoting “eating smart and playing hard”. He led cheers and dances to Power Panther™ songs, encouraged children at school lunch to eat their vegetables, and gave hand shakes and high fives. He left a “pawtograph” with each student at the end of his visit.



During the 13 day tour, the Power Panther's™ handler delivered Team Nutrition and related nutrition education materials to teachers and food service staff as well as presenting nutrition lessons to over 700 elementary students.



Among the highlights of his tour was a stop at Mt. Rushmore along with children from Bethesda Lutheran Elementary, soup can weightlifting with Brandon elementary, overseeing an awesome salad bar at Summit, and photos at the Capitol in Pierre.

The Power Panther™ received television and newspaper coverage from many areas of the state while he visited students from preschool to senior high. At several schools he was greeted by students wearing their own homemade Power Panther™ masks. Power Panther™ and Eat Smart. Play Hard. materials such as activity sheets, posters, and stickers are available to order or to download free at <http://www.fns.usda.gov/eatsmartplayhard/>

Schools can arrange to have the costume at their location through the national Team Nutrition website at <http://www.fns.usda.gov/eatsmartplayhard/Zone/bio.html> Or order well in advance.



More Power Panther™ tour photos are available on the Team Nutrition website at <http://doe.sd.gov/oess/cans/nutrition/index.asp>. South Dakota is glad to have hosted the Power Panther™.

